

COMBINATION EFFECTS CELERY AND CARROTS TO DECREASE BLOOD PRESSURE IN THE ELDERLY WITH HYPERTENSION GRADE I

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ABSTRACT

Introduction: Elderly is the end of a person's growth process and suffered a setback in terms of physical. Physiological changes from the aging process is the loss of elasticity of arteries which causes an blood pressure increase. The Alternative treatment of hipertention is to use non-pharmacological therapy. Celery and carrot is a natural herbal plants which have active and efficacious compounds to lower blood pressure. The purposes of research was to determine the effect of the combination of water celery and carrot juice on blood pressure in elderly with Hypertension Grade I. **Method:** The method used is quasy experiment with one group pre-test and post-test. The sample was elderly with hypertension degrees I. This study using concecutive sampling technique Non Random n = 33 samples. Data collection is done by measuring the blood pressure before and after the administration of a combination of celery juice (20 g) and carrots (100g) of 200 ml. Data processing is performed by t test-dependent with univariate and bivariate analysis. **Result:** The results showed the influence of a combination of water celery and carrot juice on blood pressure. The average reduction systolic pressure was 17.24 mmHg, p-value = 0.0001 and an average decrease diastolic pressure was 11,79 mmHg, p-value = 0.0001. **Conclusion:** The results, the researcher suggest to health workers in health centers to improve non-pharmacological management of such a combination of water celery and carrot juice as complementarytherapy in patients with hypertension.

Keywords : *Blood Pressure, Celery, Carrots, Elderly, Hypertension*